

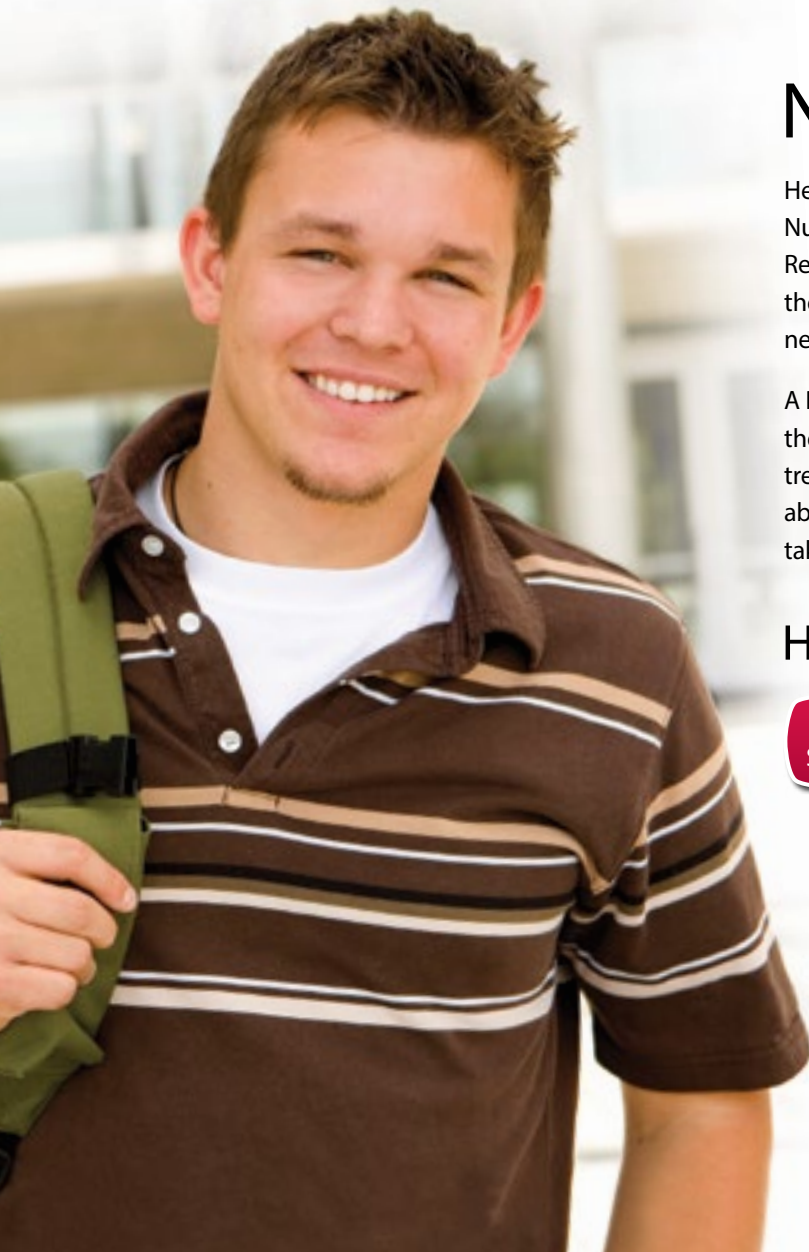
Exclusively for University of Maryland - College Park Students

Health**Advocate**<sup>™</sup>

# Get Started

## Welcome to Your All-in-1 Health Advocate Benefit

Your comprehensive Health Advocate benefit supports you and your eligible dependents with a wide range of issues—all at no cost to you. Our experts can offer trusted advice when you need it most. We look forward to serving you!



## NurseLine<sup>™</sup>

Health questions and issues can come up anytime. With NurseLine, you and your family have unlimited access to a Registered Nurse day or night. You can rest easy, knowing there's somewhere to turn for trusted advice when you need it most.

A Registered Nurse can help guide you to the right care at the right time, self-care measures to ease symptoms and treat non-urgent conditions, and dependable information about diseases and medications. NurseLine can help you take charge of your health.

## Help is Only a Phone Call Away



1-866-799-2654

[HealthAdvocate.com/members](http://HealthAdvocate.com/members)

**HealthAdvocate**<sup>™</sup>  
Always at your side

# Getting Started: Your Health Advocate Benefit



## Our experienced nurses are available 24/7 to...

- Offer self-care information for non-urgent health issues
- Direct you to the appropriate care for immediate attention, if needed
- Answer questions about symptoms or medications
- Recommend how to treat a fever in the middle of the night
- Tell you if your symptoms mean you have the flu
- Explain health conditions and treatments
- Advise how to ease common problems such as a sore shoulder
- Inform you of side effects of your medications

*Remember...*

*Call 911 or go to the ER in an emergency.*

NurseLine is the perfect resource for when you can't reach your doctor and need immediate answers to your health questions. Call anytime 24/7.

## Help is Only a Phone Call Away

The Health Advocate benefit assists the student as well as any dependents. Services are free and confidential, and are available online or by phone.



1-866-799-2654



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)



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